



Connecting with our Positive Emotions

SELF-CARE SERIES @ SPARTA FREE LIBRARY

REGISTRATION REQUIRED. PLEASE
CALL 608-269-2010 TO SIGN UP:

Thu. Sep. 7 @ 5:30pm: Emotional Awareness

Thu. Sep. 14 @ 5:30pm: Gratitude and Noticing

Thu. Sep. 21 @ 5:30pm: Mindfulness & Meditation

Thu. Sep. 28 @ 5:30pm: Positive Reappraisal

Thu. Oct. 5 @ 5:30pm: Self-Compassion

Thu. Oct. 12 @ 5:30pm: Personal Strengths & Goals

Thu. Oct. 19 @ 5:30pm: Continued Practice

WeCOPE is an interactive program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive emotions, and improve health. Managing life's challenges in healthy ways allows participants to take better care of themselves and others.

Sparta Free Library - 124 W. Main St. - 608-269-2010 - spartalibrary.org

